

## Vegetarian Daal

### Ingredients:

1 cup Toor daal (oily)  
1 table spoon chana daal  
1table spoon masoor daal  
1 table spoon urad daal  
1 tea spoon ground cumin  
1 tea spoon ground coriander  
1 tea spoon turmeric  
1 tea spoon paprika (If you like spicy replace with chili powder or cayenne pepper)  
¼ tea spoon nutmeg  
1 tea spoon garam masala (equal parts of ground black pepper, cloves & cinnamon)  
1 tea spoon Mustard seeds  
3 Large mild green chilies  
Half a cup of canola oil (you can use veg. or corn oils instead)  
1 tomato cut into pieces or 1 table spoon of tomato sauce  
Coriander leaves  
4 pieces Kokum (Garcinia Indica) Available in any Indian grocery store or on the Internet.  
10 curry leaves (Kadi patta )  
Salt to your liking

### Method:

Mix all daals in a glass bowl, Add 4 mugs of water and heat in microwave for about 20 minutes. Daal will soak up enough water and become soft.

In a medium or large pot put a quarter cup of oil. Let it heat up in high heat. Then put mustard seeds and fry till they start cracking (it takes about a minute). Now cut the tomato into small pieces and put it in the pot. Also cut two green chilies and put in the pot along with curry leaves and kokum. Keep frying them on high heat till they all become soft. Now turn the heat to medium. All this takes about 5 minutes. As the ingredients remain in the pot put some hot water in it and let it stay on medium heat. This will soften all the ingredients and cook them up.

Now put the boiled daal from the glass bowl in the pot and blend it well. Add all the spices except Coriander leaves and one green chili. Mix it well and let it cook on low heat for about 15 minutes. Put water in it to achieve the thickness of daal you desire. (Some people eat very thin daal so they add plenty of water)

After the daal is cooked most of the ingredients in it are whole. Let it cool down a little (about 10 minutes) and put the cooked daal in the blender and blend it till it is totally ground. All the taste of the ingredients is now blended and daal is ready. Put coriander leaves on the daal while serving.

To make gourmet daal keep it medium thick in consistency. Then put some oil in a skillet. Add extra chili or crushed peppers in it. Then add a portion of daal to be consumed by one person. Fry it for about 2 minutes, sprinkle some paprika and coriander leaves and serve with white rice or bread. This is how they prepare daal in restaurant for individual order. Its called DAAL FRY.

Enjoy

NB: You can also cook daal using only one daal. **Toor Daal (oily)** can be cooked by itself and **Urad Daal** also can be cooked by itself if you do not want to mix different daals. Urad Daal is a high energy daal. In India people who have hard labour jobs eat Urad Daal and Bajra roti. This is very heavy food and takes a long time to digest.